



Food ID: G092

Food name and Description: Threadfish, Indian

Scientific name: *Alectis indica*

Alternate/Common name(s): Damis/Diamond trevally

Edible portion: 54%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.3
Energy, calculated (kcal)	89
Protein (g)	20.5
Total Fat (g)	0.8
Carbohydrate, total (g)	0
Ash, total (g)	1.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	30
Phosphorus, P (mg)	207
Iron, Fe (mg)	0.8
Sodium, Na (mg)	65

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	2
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	5.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.23
Fatty acids, monounsaturated, total (g)	0.27
Fatty acids, polyunsaturated, total(g)	0.2
Cholesterol (mg)	-